



Two-Week Menu

Bean and Beef Burritos with Green Chili Sauce

Chicken and Barley Soup

Broccoli-Rice Casserole

Pasta with Meat Sauce

Beans and Cornbread

Lazy Lasagna

Chicken Enchiladas

Everyday Meatloaf

Mini Pizzas

Pastafazool

Egg and Cheese Strata

Runzas

Easy Stir-Fry

Sloppy Joes

Source:

Cook Once: Eat for 2 Weeks developed and presented by WIN the Rockies and the University of Wyoming Cooperative Extension *Cent\$ible Nutrition Program*. For recipes visit www.uwyo.edu/centsible Click on “as seen on tv” and look for Cook Once: Eat for 2 Weeks program.



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This program is a plan for preparing and freezing ahead main dishes for two weeks. The process takes about one day. It combines tasks and requires preplanning but can really save time and money while improving nutrition and family time!

The process:

- * Saves money by reducing food waste, eating out less, and prepare inexpensive meals.
- * Saves time by combining shopping and preparation tasks.
- * Improves nutrition by eating meals prepared at home.
- * Improves food safety by multi-tasking and concentrating on proper food handling.
- * Enhances family meal time by spending time together at enjoyable family meals.
- * Saves decision making by already knowing what is for dinner tonight.
- * Shares work load by having the family join in the fun and prepare the dishes together.

How is it done?

1. Select recipes and create a shopping list. Organize your list by store sections.
2. Purchase all your food items. When possible, take advantage of store sales and coupons. Think about side dishes too!
3. The night before: cook ahead any large food items (example: chicken, Master Meat Mix, Master Mix, and Magic Mix), organize your work space. Place recipes in plastic bags and tape to cupboard doors. Create combined work areas for dishes using similar ingredients. Gather cooking dishes, storage items, marking pens, etc.
4. Combine similar tasks then divide the food. For example: chop onions for all the dishes, cook all the ground beef (except any needed for raw meat dishes like meatloaf). Remember to follow good food safety practices!
5. Create assembly lines. Prepare dishes together that use similar food items.
6. Label all food items. Use masking tape with the name of the food and preparation instructions. Tape the recipe in the plastic bag to the food, if needed. For freezer bags, use a marker and write on the bag. Add the date prepared.
7. Freeze food items. Some items need to quick-freeze on a pan before placing into bags, such as the Runzas. For other dishes, combine foods needed for the

same recipe and tape together. For example if a dish calls for ½ cup grated cheese added during the last 10 minutes of cooking time, place the cheese in a plastic bag, tape to the top of the pan and freeze together.

8. Mark your calendar so everyone knows the plan. Take food items out of the freezer the night before and thaw in the refrigerator.

9. Concentrate on great side dishes adding fruits, vegetables, whole-grain breads and ice-cold milk to the meals.

For more information on “Frozen Assets” contact
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Utah State University Extension Service Grocery List

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Canned & Packaged Goods	Staples	Fruits & Vegetables	Non – food items	Canned & Packaged Goods	Staples	Fruits & Vegetables	Non – food items
Dairy Foods*	Meats & Poultry*	Frozen Foods*	Breads & Cereals	Dairy Foods*	Meats & Poultry*	Frozen Foods*	Breads & Cereals

* These foods should be purchased last so that their safety and quality can be protected.

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Frozen Assets



Canned & Packaged Goods 1 15 oz. can chunky tomato sauce ½ cup salsa 2 6 oz. cans tomato paste or 2 10 oz. cans tomato soup 3 15 oz. cans tomato sauce 1 8 oz. Can tomato sauce 1 16 oz. can of tomatoes 2 4 oz cans green chilies, chopped 1 can chili beans Large bottle spaghetti sauce 2 lbs. dry pinto beans 4 cups spaghetti sauce	Staples Salt & pepper 12 cups all-purpose flour chili powder garlic, dry and cloves dried parsley dry mustard oregano basil Italian seasoning baking powder sugar canola oil 1 pkg. rapid rise yeast 1-3 cups whole wheat flour brown sugar 1 cup yellow cornmeal vinegar corn starch	Fruits & Vegetables lemon juice & lemon rind 5 onions 4 cups total of various vegetables for stir-fry (fresh or frozen) 1 large cabbage ½ lb. carrots variety of fruits and vegetables for side dishes	Breads & Cereals ½ cup barley 1 lb. rice 1 pkg. hamburger buns 8 oz. macaroni, spaghetti or other pasta 8 oz. Macaroni 12 oz. Lasagna noodles For mini pizzas - bagels, English muffins or other bread 1 loaf of day-old bread
*Dairy Foods Non-fat powdered milk butter or margarine 4 cups shredded cheddar cheese 2½ cups mozzarella cheese 1 cup shredded American cheese ½ gallon lowfat milk 2 cups lowfat ricotta cheese 1 cup lowfat cottage cheese Parmesan cheese	*Meat & Poultry 8 lbs. lean ground beef 1 lb. lean pork 3 lbs. whole chicken Carton of eggs 1 lb. meat for stir-fry	*Frozen Foods 1 pkg. frozen broccoli 1 pkg. frozen broccoli or spinach for lasagna	Freezing Supplies freezer or masking tape marker aluminum foil plastic wrap 4 9x13x2-inch baking dishes 15 1-gallon freezer bags 10 1-pint freezer bags 3 small foil bread pans or 1 8x8-inch baking dish 1 1-quart casserole dish
* These foods need to be purchased last so their safety and quality are protected.			

List includes 1½ batches of *Master Meat Sauce* (burritos, spaghetti, pizzas, sloppy joes & pastafazool), 1 batch *Master Mix* (tortillas for burritos and enchiladas), & 1 batch *Magic Mix* (broccoli rice casserole).

